

6150 Foreland Garth
Columbia MD 21045
410-313-7217
Director: Kari Weidner

Longwood 50+ Center

July 2017

Days of Operation: Tuesday 9:00am – 1:30pm

Wednesday 9:00am – 2:00pm



www.howardcountyyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div>3</div>	<div>JULY FOURTH</div> <div>中心关闭</div> <div></div> <div>4</div>	<div>中国式健身操</div> <div>9:00am</div> <div>乔伊斯与工艺品</div> <div>11:00am</div> <div>午餐 12Noon</div> <div>面包</div> <div>1:30pm</div> <div>乒乓与游戏</div> <div>1:30-4:00pm</div> <div>5</div>	<div>6</div>	<div>7</div>
<div></div> <div>10</div>	<div>中国式健身操</div> <div>9:00am</div> <div>走路健身</div> <div>10:00am</div> <div>午餐 12Noon</div> <div>乒乓与游戏</div> <div>1:30-3:00pm</div> <div>11</div>	<div>中国式健身操</div> <div>9:00am</div> <div>瑜伽</div> <div>10:00am</div> <div>午餐 12Noon</div> <div>面包</div> <div>1:30pm</div> <div>乒乓与游戏</div> <div>1:30-4:00pm</div> <div>12</div>	<div>13</div>	<div>14</div>
<div></div> <div>17</div>	<div>中国式健身操</div> <div>9:00am</div> <div>走路健身</div> <div>10:00am</div> <div>午餐 12Noon</div> <div>乒乓与游戏</div> <div>1:30-3:00pm</div> <div>18</div>	<div>中国式健身操</div> <div>9:00am</div> <div>宾果</div> <div>10:00am</div> <div>午餐 12Noon</div> <div>面包</div> <div>1:30pm</div> <div>乒乓与游戏</div> <div>1:30-4:00pm</div> <div>19</div>	<div>20</div>	<div>21</div>
<div></div> <div>24</div>	<div>中国式健身操</div> <div>9:00am</div> <div>走路健身</div> <div>10:00am</div> <div>午餐 12Noon</div> <div>乒乓与游戏</div> <div>1:30-3:00pm</div> <div>25</div>	<div>中国式健身操</div> <div>9:00am</div> <div>瑜伽</div> <div>10:00am</div> <div>午餐 12Noon</div> <div>面包</div> <div>1:30pm</div> <div>乒乓与游戏</div> <div>1:30-4:00pm</div> <div>26</div>	<div>27</div>	<div>28</div>
<div></div> <div>31</div>				